

Riverdale City National Bike Week Activities

Monday, May 12th:

Active Transportation for Live Fit program

6:00 pm, Riverdale Park Amphitheater (4300 South Parker Drive)

Two options:

1. Bicycle Rodeo and 30-minute ride on bike lanes and mixed use paths for kids 12 and under and their parents - learn what you need to know to ride to elementary school and enjoy the Weber River Parkway.
2. Street-riding skills instruction and 45-minute ride on the streets, through roundabouts, intersections, bike lanes, etc. for basic for-commuting and for-fitness riding skills. Learn what you need to know in order to get around town or even out of town to work or secondary school comfortably and confidently on the most bicycle-friendly streets.

Everyone is invited to participate. If you are not registered with the Live Fit Riverdale program then you will need to sign a waiver form to participate in the event.

Tuesday, May 13th:

Ride with the Mayor and Council

6:00 pm, City Offices (4600 South Weber River Drive): Join the mayor and council for a ride up and down the Weber River Parkway trail. Learn about what other recreational opportunities there are along the trail, including mountain biking, disc golf, BMX jumps, kayaking, tubing, etc. Also, learn about the city's newly completed Bicycle and Pedestrian Transportation Plan.

Everyone is invited to participate. If you are not registered with the Live Fit Riverdale program then you will need to sign a waiver form to participate in the event.

Wednesday, May 14th:

Getting Started Riding Workshop

6:30 pm, Riverdale Park Upper Pavilion if clear (4300 South Parker Drive), Riverdale Community Center if inclement weather: Bicycling for Fitness, Bicycling for Commuting - introductory workshops: Have you thought about riding for fitness - maybe even training for a triathlon or long-distance ride, but need some advice getting started? Or are you looking for an alternative to driving to work but worry about how to make it practical? We'll have experienced, normal people helping you sort it out.

Thursday, May 15th:

Bicycle Maintenance Workshop

6:30 pm, Riverdale Park Upper Pavilion if clear (4300 South Parker Drive), Riverdale Community Center if inclement weather: Basic Bicycle Maintenance, and Adjustment: Don't let flats stop you or misadjusted brakes or shifters slow you down - learn the basics about what you can do yourself, including what tools you need at home and on the ride. Sponsored by 50-50 BMX (www.5050bmx.com/)

Friday, May 16th:

BMX Jumping Demonstration

4:30 pm, Riverdale BMX Park (4800 South Weber River Drive) 50-50 BMX will bring in the crew and show us how it's done, getting some sweet air on the BMX track. Your chance to learn from the guys who know how it's done.

Introduction to Mountain Biking Clinic and Ride

5:00 pm, Riverdale BMX Park (4800 South Weber River Drive) Mountain Biking Basic Skills Workshop and group ride - Learn the skills of the trade including cornering and taking lumps, bumps, and even jumps, then join the Ogden Cycling Education Foundation for a 4-mile relatively flat beginner-technical level ride through flowing single-track with banked curves through the forest and plains along the Weber River. Sponsored by Ogden Cycling Education Foundation (OCEF www.ogdencycling.com/)

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May 1st-May 18th

Riverdale Utah Bike to Work or School Challenge:

Starting May 1, track your miles ridden for utility, to, from, or through Riverdale. Winners will be recognized at the Live Fit closing ceremony, Monday, May 19, 2014 at the Golden Spike Park. In addition to great health, savings on transportation expenses, and enjoyable rides for all participants, we have prizes for the leaders! Bingham Cyclery has provided some prizes for the winners, and 50-50 BMX is contributing service packages:

1st Place (1): Bingham Cyclery MTB Jersey, $\frac{3}{4}$ Sleeve from Bingham Cyclery, full bicycle drive-train overhaul and adjustment from 50-50 BMX.

2nd Place (2): Bingham Cyclery water bottle, Spring Tune-up including shifters, brakes, and truing wheels from 50-50 BMX.

To participate in the challenge you must sign up on the endomondo website at www.endomondo.com/challenges/14159462.

A big "THANK YOU" to our sponsors:

Bingham Cyclery - visit their website at www.binghamcyclery.com

50-50 BMX - visit their website at www.5050bmx.com